



Town of LaGrange Parks & Recreation Department
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Changing Lives...Inspiring Play...Fostering Teamwork!



RED CROSS CERTIFIED SWIM INSTRUCTION INFORMATION AT FREEDOM LAKE – 2016

First registration for LaGrange resident swim lessons is Wed, May 4th from 6:00- 8:00pm at Town Hall. First date for eligible non-resident registration is May 18th in the Recreation Office.

Fees: Resident without Freedom Lake pass: \$80.00 Resident with Freedom Lake season pass: \$40.00

Eligible non residents*: +\$20 to fees. There is a multi-child discount for three or more children in family.

	SESSION 1 June 27 – July 8			SESSION 2 July 11 - 22			SESSION 3 July 25 – Aug 5		
	11 am	12 pm	1 pm	11 am	12 pm	1 pm	11 am	12 pm	1 pm
Pre-School Ages 3-4 Level 1 & 2	X	X		X	X		X		
Level I Intro to Water Skills Non Swimmer 5 & up		X		X			X		
Level II Fundamental Skills Ages 5 & up	X		X		X			XX	
Level III Stroke Development			X		X	X		X	
Level IV Stroke Improvement			X			X			
Level V Stroke Refinement					X				X
Level VI Advanced Skills						X			

Preschool and Level 1 classes are 35 minutes long. All other classes are 45 minutes long. Classes meet Monday through Friday. Rainy day classes will meet under the Main pavilion.

*Eligible non resident towns: Beekman, East Fishkill, Pleasant Valley, Poughkeepsie, Union Vale, Wappingers.

SWIM LESSON CHEAT SHEET

Pre-School Ages 3-4: Parents can assist child in the water. This level is designed to get the child comfortable in the water. Based on ability and attention span children may get lessons: strokes, floating, glides, front & back.

Can the child go under water? No = Level 1

Can the child float on front and back sides for at least 5 seconds; and doggie paddle or swim under water? No = Level 1

Yes = Level 2

Can the child swim a lap lane (25 yards) on front and back sides, with face in the water, in the deep water? No = Level 2

Yes = Level 3

Can the child tread water for 1 minute, dive into deep water, and swim one lap of the front crawl, backstroke, elementary backstroke and sidestroke?

No = Level 3

Yes = Level 4

Can the child swim all 6 strokes a full lap lane and be able to do a Kneeling Dive, Compact Dive, Stride Dive and feet first Surface Dive?

No = Level 4

Yes = Level 5

(Strokes: Front Crawl, Backstroke, Breaststroke, Butterfly, Elementary Backstroke, Sidestroke)

Can the child swim all 6 strokes (above) 2 full lap lanes (50 yards), do flip turns for backstroke and front crawl and know all 7 dives?

Entry Dives: Kneeling Dive, Compact Dive, Stride Dive, Long Shallow Dive

Surface Dives: Feet First, Tuck, and Pike.

No = Level 5

Yes = Level 6